

# Playspace Calming Strategy

## Frustration Release Ideas

Learning ways to release frustration helps children to respond when their feelings are overwhelming. Label and validate children's emotions when you observe them. Let them know its ok to feel that way. Here are some physical ways kids can release energy and frustration.

- Stomping feet like a dinosaur
- Jumping like a frog
- Inversion: downward dog
- Wall push ups
- Yoga poses
- Swaying side to side

